

A photograph of a man and a woman sleeping peacefully in a bed. The man is in the foreground, resting his head on a white pillow. The woman is behind him, also sleeping. In the foreground, a large, round, silver alarm clock is visible. The background shows a window with multiple panes, letting in natural light. The overall tone is warm and intimate.

Sleep

Makes All the Difference

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According to the National Sleep Foundation (NSF), only about one-third of American adults say they get at least the recommended 8 hours or more of sleep per night during the week.

Most people don't see a lack of sleep as a safety issue, but since so many people commute to work, perhaps it is an issue worth discussing.

Possibly you do get the proper amount of sleep. However, since the NSF also says about half of people interviewed reported that they have driven while drowsy, maybe it's not worth honking at the person

who's slowing up traffic on the way to work because this person may not be conscious enough to hear you.

According to the spring 2002 edition of the Air Force Journal of Occupational, Recreational and Driving Safety, you might be sleepy if:

- Your eyes close or go out of focus
- You have trouble keeping your head up
- You can't stop yawning
- You have wandering, disconnected thoughts

- You drift between lanes, tailgate, or miss traffic signs
- You keep jerking the car back into the lane
- You have drifted off the road and narrowly missed crashes

Chewing gum, rolling down your windows, and turning up highly annoying music won't save you. The average adult needs 8 hours of sleep a night, but the average American sleeps only 7 hours a night. Not only does it affect your work, but it's unsafe on the road so, get plenty of sleep! ►